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Meat, Poultry, Fish, and Eggs: Selection, Storage, and Preparation

Lois Fulton
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MEAT, POULTRY, FISH, AND EGGS:
SELECTION, STORAGE, AND PREPARATION

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ABSTRACT

Information on selection, storage, and preparation of meat, poultry, fish, and eggs is presented. Quality factors, market forms, yield, home storage, and preparation by broiling, roasting, braising, and simmering are among the topics discussed. Timetables for cooking are also presented.

Keywords: Meat, poultry, fish, eggs, selection, storage, preparation, cooking, broiling, roasting, braising, simmering.

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INTRODUCTION

According to the 1977-78 Nationwide Food Consumption Survey, Americans eat an average of about 8 ounces of meat, poultry, fish, and/or eggs including mixtures containing these foods each day. A serving of one of these foods is frequently used as the main dish of a meal. Both flavor and nutritional contribution have given meat, poultry, fish, and eggs this prominent place in the diet.

Lean meat, poultry, fish, and eggs are valued as sources of protein, vitamins B_6 and B_{12}, and the minerals, iron and zinc. These foods also contain saturated fat and cholesterol. The calorie content of meat, poultry, fish, and eggs is related to the amount of protein and fat in the product. Fat has more than twice the calories of protein; thus, lean pieces of meat, poultry, or fish have fewer calories than the same size servings of meat, poultry, or fish with more fat.

Variety in the kinds and cuts of meat, kinds of poultry or fish, and in the uses of eggs can add interest to daily meals. Meat, poultry, fish, or eggs can be used alone as entrees or in soups, salads, casseroles, barbecues, and sandwiches of every type. The following sections are guides for selecting meat, poultry, fish, and eggs for quality and yield; storing them safely; and preparing them flavorfully while maintaining nutrient quality.

SELECTION

Buying for Quality and Yield

When purchasing meat, poultry, fish, and eggs, one should take time to shop carefully, keeping both yield and use in mind. Knowledge of the various kinds and cuts of meat, poultry, and fish will be useful in making selections. Table 1, on page 5 gives numbers of servings that can be obtained from a pound of different cuts of meat, poultry, and fish.

Market Forms

Meat.--Beef, lamb, pork, and veal animals have seven meat sections that are closely related and are shown in diagram 1 on page 2. The section from which a roast, steak, or chop is cut gives a clue as to how tender it will be. The meat from young animals, such as lamb and veal calves, is generally tender. In more mature animals, rib and loin cuts tend to be more tender than leg and shoulder cuts. The cost per pound of tender cuts is usually higher than for less tender cuts. See page 4 for suggestions on comparing cost per serving.

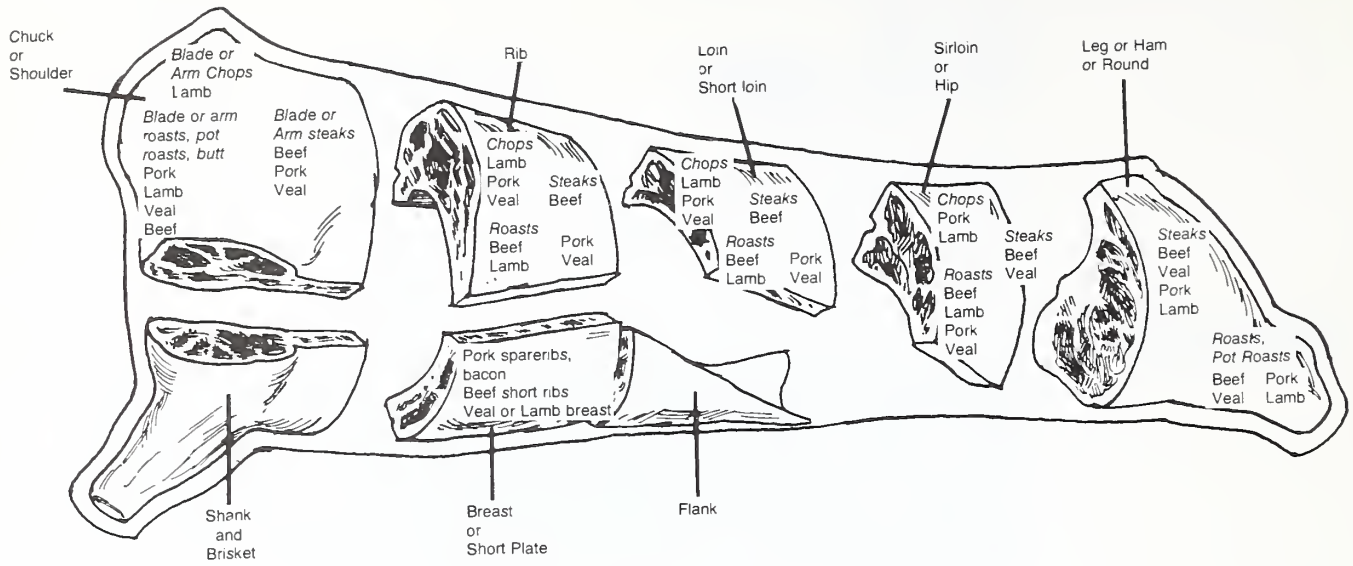

Diagram 1. Meat animal sections

Poultry.--Chilled or frozen ready-to-cook chickens are sold whole and in halves, quarters, and individual pieces, such as breasts, thighs, drumsticks, and wings. However, from the standpoint of cost, whole chickens are generally lower than individual pieces on a per serving basis. Young chickens include broiler-fryers, Cornish game hens, roasters, and capons; while mature birds include hens, baking chickens, stewing chickens, or fowl. Frozen stuffed Cornish game hens or whole stuffed roasting chickens, ready for the oven, are available in many markets, but the price will be higher than that of a home-stuffed bird.

Turkeys marketed as whole birds are usually frozen. Chilled turkeys are sometimes available, especially around Thanksgiving and Christmas holidays. Frozen boneless raw turkey roasts and boneless cooked turkey rolls are popular convenience items and are generally higher in cost per serving than whole turkeys. In some supermarkets, one may also purchase turkey halves, quarters, and parts; ground raw turkey; and turkey cutlets.

Choices of chilled and frozen ready-to-cook turkeys offered in the retail market include fryer-roasters (4 to 8 pounds), young hens (8 pounds and up), and young toms (12 pounds and up). Frozen stuffed whole turkeys are also available, but are generally more costly than an unstuffed bird.

Frozen ready-to-cook whole ducks weighing 3 to 7 pounds predominate in the retail market. Chilled or frozen ready-to-cook young geese, as generally available, weigh from 6 to 12 pounds.

Fish.--Seafood from fresh or salt water can be classified as fin fish (vertebrate--with bones inside) or shellfish (invertebrate--with shell on outside). Fin fish can be fat, lean, or intermediate in fat content. Commonly known lean fish (2 percent or less fat) include grouper, Alaskan pollock, Pacific

ocean perch, Atlantic ocean perch, rockfish, haddock, cod, sole, flounder, Pacific halibut, and red snapper. Fish intermediate in fat content (2 to 6 percent fat) include brook trout, whiting, catfish, Gulf butterfish, giant sea and striped bass, chum and pink salmon, buffalo fish, swordfish, carp, and black and sea bass. Fish with a higher fat content (6 to 20 percent fat) include rainbow trout, whitefish, pompano, Atlantic salmon, American eel, lake (siscewet) trout, Atlantic king and Spanish mackerel, and red sockeye, king, and chinook salmon.

Fin fish are marketed fresh or frozen, whole or dressed, or as steaks, fillets, and chunks; frozen portions and sticks of finfish are also readily available. Shellfish are marketed fresh or frozen, cooked or uncooked.

Eggs.--Eggs are available in several sizes: Extra large, large, medium, and small. These sizes are based on the minimum weight per dozen. Large eggs, the size on which most recipes are based, must weigh at least 24 ounces per dozen.

Signs of Good Quality

Inspection.--The Federal inspection stamp (see illustration) on meat, poultry, or fish tells consumers that the product came from a healthy animal, that it was processed under sanitary conditions, and that it is accurately and informatively labeled.

All fresh and processed meat and poultry products that are shipped from one State to another must bear a Federal inspection stamp. This mark assures consumers that the products have either been inspected by the Federal Government or by an adequate State system.

Grade.--Unlike inspection, government grading is optional; thus, not all meat, poultry, fish, and eggs are federally graded. Grading is paid for by the packer.

Generally, the grade of meat, poultry, and fish is based on color and texture, and on the proportion and distribution of flesh, fat, and bone. Poultry is rated for freedom from deformity, pinfeathers, bruises, and skin breaks. Egg grade is based on thickness of whites, firmness of yolks, and cleanliness of unbroken shells. Poultry and fish grades are "A," "B," and "C;" egg grades are "AA," "A," and "B."

The grades of beef, lamb, and veal generally sold in retail stores are "Prime," "Choice," and "Good." "Prime" and "Choice" grade cuts are usually more tender and juicy than a "Good" grade of the same cut; however, meat graded "Good" can be made tender by moist-heat cooking. Pork grades are based primarily on proportion of lean to fat and are seldom used for retail cuts.

The grade stamp is a colored shield enclosing the grade designation with the letters "USDA" for meat, poultry, and eggs and "U.S." for fish.

Yield

To economize when buying meat, poultry, or fish, buy only the quantity that can be used. One can learn to estimate the approximate number of servings per pound of meat, poultry, and fish while making selections at the meat counter. These simple suggestions are useful:

- Items with little or no fat or bone, such as boneless meat cuts and fish fillets, will yield three to four 3-ounce servings per pound.

- Items with much bone, gristle, or fat, such as spareribs and poultry wings and backs, will yield one to two 3-ounce servings per pound.

Table 1 on pages 5 and 6 shows the amount to buy for many kinds and cuts of meat, poultry, and fish. Using the table, one will find that a boneless beef round roast is a better buy than a bone-in chuck roast if price comparisons indicate that the price per serving is less for the round roast than for the chuck roast.

STORAGE

Fresh meat, poultry, fish, and eggs.--These products should be stored at refrigerator temperatures of 40 °F or below. For details, see table 2 on page 7. Fresh meats and fish generally keep best if they are loosely wrapped. However, the transparent wrap on prepackaged meat, poultry, and fish is designed for refrigerator storage at home for 1 to 2 days. Meat or poultry purchased in market paper should be placed on a platter or a tray, covered with wax paper, and refrigerated. Fish should be wrapped airtight. Eggs should be stored in the carton, large end up.

Meat, poultry, and fish.--These items may be purchased frozen, but most are frozen at home. Fresh meat, poultry, and fish that will not be cooked within recommended refrigerator storage times should be frozen. Table 2 on page 7 lists the length of time these items can be stored. Store at 0 °F or below in the freezer or in separate freezer section of refrigerator-freezer where temperature can be maintained at 0 °F. The frozen food compartment inside a home refrigerator is not designed to maintain 0 °F.

Table 1.--Yield of boneless cooked lean meat from meat, poultry, and fish

Item and cut	3-ounce servings per pound
Beef:	
Ground	3-1/2 to 4-1/2
Boneless brisket (fresh or corned); boneless chuck, round, rump, and sirloin tip roasts; boneless chuck, round, and flank steaks; bone-in round steak; stew meat	3 to 4
Boneless sirloin steaks; bone-in chuck, porterhouse, and sirloin steaks; bone-in chuck and rib roasts	2 to 3
Bone-in shortribs and bone-in T-bone steaks	1 to 1-3/4
Pork fresh:	
Ground and cubes	3 to 4
Bone-in loin and rib chops; bone-in and boneless hams, loin roasts, and shoulder (Boston butt) roasts; and boneless picnic shoulder roasts	2 to 3
Bone-in picnic shoulder roasts and spareribs	1 to 2
Pork, cured:	
Boneless hams and shoulders (Boston butt)	3 to 4
Bone-in hams and shoulders	2 to 3
Lamb:	
Ground, boneless leg roasts, and stew meat	3 to 4
Bone-in loin and shoulder chops; bone-in leg and shoulder roasts; boneless shoulder roasts	2 to 3
Veal:	
Cutlets; boneless leg and shoulder roasts	3 to 4
Boneless breast; bone-in loin, rib, and shoulder chops; bone-in leg and shoulder roasts	2 to 3

(Continued)

Table 1.--Yield of boneless cooked lean meat from meat, poultry, and fish--Continued

Item and cut	3-ounce servings per pound
Chicken:	
Whole	2
Meaty pieces (breast halves and legs)	2 to 3
Boney pieces (backs and wings)	1
Turkey:	
Whole	2-1/4
Meaty pieces (breast and legs)	2-1/2 to 2-3/4
Boney pieces (back and wings)	1 to 1-3/4
Fish:	
Fillets and steaks	3-1/2 to 4

Cured, smoked, ready-to-serve

Meat, poultry, and fish products.--These should be stored in the refrigerator in their original wrappings, or be loosely wrapped in other material. Freezer storage is not recommended for some cured products; only short freezer storage times are suggested for others since the salt used in the curing process accelerates flavor changes like rancidity. For storage times, see table 2 on page 7.

Cooked

Meats, poultry, fish, and eggs.--These foods, and main dishes prepared with them, should be covered or wrapped and stored in the refrigerator or freezer as quickly as possible. Gravy, broth, and poultry stuffing should be stored in separate containers from the meat product.

Table 2 on page 7 gives suggested home refrigerator and freezer storage times for best eating quality for cooked items. If it is anticipated that a product will be kept longer than the suggested refrigerator storage time, plan to freeze the food in a moisture-vapor-proof wrapping or container.

PREPARATION

Thawing Meat, Poultry, and Fish

Most meat, poultry, and fish can be cooked without thawing; however, if thawing is desired, plan so that thawing is completed just before cooking. The item should be thawed in the refrigerator. Do not thaw commercially frozen stuffed poultry before cooking. Other prepared items such as meat patties, breaded fish, and fried chicken should also be cooked without thawing. Check the label of prepared foods before thawing. For thawing times, see table 3 on page 8.

Table 2.--Storage guide for meat, poultry, fish, and eggs

Product form	Refrigerator (40 °F or below)	Freezer (0 °F or below)
	Days	Months
Fresh:		
Fish, poultry giblets	1 to 2	2 to 3
Ground and stew meats, variety meats	1 to 2	3 to 4
Turkeys, cut-up, ducks and geese (whole)	1 to 2	6
Chickens, cut-up	1 to 2	9
Chickens and turkeys (whole)	1 to 2	12
Pork sausage	1 to 2	1 to 2
Pork chops and steaks	3 to 5	3 to 4
Pork roasts	3 to 5	4 to 8
Lamb chops and roasts; veal chops, cutlets, and roasts	3 to 5	6 to 9
Beef roasts and steaks	3 to 5	6 to 12
Eggs in shell, clean, uncracked	28 to 35	--
Eggs out of shell	2 to 4	6[1]
Cured:		
Ham slices[2]	3	--
Luncheon meat[2], ham halves	3 to 5	--
Smoked sausage[2]	7	--
Corned beef, frankfurters[2]	7	0.5
Bacon[2]	7	1 or less
Whole hams	7	1 to 2
Dry and semi-dry sausages	2 to 3	--
Canned ham (unopened)	365	--
Cooked:		
Meat and poultry broth and gravy	1 to 2	2 to 3
Stuffing	1 to 2	--
Cooked meat dishes	3 to 4	2 to 3
Cooked poultry dishes	3 to 4	4 to 6
Fried fish	3 to 4	3
Fried chicken	3 to 4	4
Hard-cooked eggs	14	--

[1]To freeze whole eggs or yolks, mix egg thoroughly with sugar. Use 3/4 teaspoon sugar for each whole egg and 1/4 teaspoon sugar for each yolk. Egg whites do not need sugar added before freezing.

[2]Storage times apply to opened or non-vacuum-sealed packages. For unopened vacuum-sealed packages, note freshness date information on package.

Large turkeys (12 to 24 pounds) can also be thawed in a cool room, in a double-wall paper bag. Place turkey in bag, close tightly, and place on tray. Thaw in a cool room (70 °F or below) until pliable. A 12- to 24-pound turkey will take 15 to 20 hours to thaw.

Table 3.--Thawing guide for meat, poultry, and fish

Product	Quantity	Thawing time in refrigerator	
	Pounds	Hours per pound	Days
Meat:			
Small roasts	5 and under	3 to 5	--
Large roasts	6 and over	4 to 7	--
Poultry	Under 4	--	1/2 to 2/3
	4 to 12	--	1 to 2
	12 to 20	--	2 to 3
	20 to 24	--	3 to 4
Fish	1	--	1

Cooking Meat, Poultry, Fish, and Eggs

Meat, poultry, fish, and eggs should be cooked at moderate to low temperatures with proper timing to assure tenderness. See tables 4, 5, 6, and 7 (timetables) for specific temperatures and times.

Broiling

Broiling, cooking by direct heat from a flame, electric unit, or glowing coals, is a suitable cooking method for tender cuts of meat, small young chicken halves or pieces, small fryer-roaster turkey pieces, fish fillets and steaks, and some shellfish. For broiling times, see table 4 on page 13.

To broil, place the meat, poultry, or fish on the slotted grid or rack on the broiler pan. If needed, snap joints of poultry pieces to flatten. Turn only once during cooking. Well-done steaks and chops, fish (cooked only on one side to prevent breaking), chicken halves, and turkey pieces are cooked farther from the heat source than are rare steaks. For broiling times, see table 4. Follow broiler instructions for regulation of heat during broiling. Broil meat until cooked medium to well-done. Beef steaks may also be cooked to the rare stage. Broil poultry and fish until well-done. Using broiling times in table 4 as a guide, determine doneness by color in meat. Well-done meat is light brown throughout with clear juices, while medium-done meat has a light pink interior. Poultry is done when it is fork tender and the juices are clear; fish is done when it flakes easily with a fork.

Roasting

Roasting, or cooking uncovered, is generally done in a conventional oven and is suitable for tender meat roasts, whole chickens and turkeys, large pieces of chicken and turkey, and whole fish. Liquid or water is not added. For roasting times, see table 5 on pages 13 to 15.

To roast, place food on a rack in a shallow pan and roast to the desired degree of doneness. Use table 5 as a guide to roasting time. Internal temperatures indicating meat or poultry doneness are also given in the table. Use the following checks for doneness:

- Determine the internal temperature of the meat or poultry by inserting a meat thermometer in the center of the thickest muscle of meat and in the center of the inner thigh of large turkeys. The internal temperatures shown in the timetable (table 5) will indicate that the desired degree of doneness has been reached.

- Check the color of the meat. Well-done meat will be light brown throughout with no pink color evident. The juice will be clear. Medium-done meat will be light pink in the center.

- Poultry is done when the leg joints move easily, the thigh meat is soft when pressed with the finger, and the juices run clear.

- Fish is done when it flakes easily with a fork.

Remove roasts, poultry, or fish from the oven when done. Let large roasts or poultry stand 15 to 20 minutes to make slicing easier.

Braising

Braising, or cooking in steam in a covered container or foil wrap, is a popular method for tenderizing mature chicken and less tender meat cuts. The source of steam may be water or other liquid added to the meat or poultry, or it may be meat or poultry juices alone. Fish has very little connective tissue; thus, it is usually not braised.

For additional flavor, brown meat cuts before braising. To braise, place meat or poultry in pan, cover, and cook until tender. Then remove cover and allow poultry skin to crisp the last few minutes of cooking, if desired. Use table 6 on pages 16 to 17 as a time guide for braising the specific cuts recommended for this method.

Simmering

Simmering means cooking in liquid that is kept just below the boiling point. Cubes of meat for stew, whole hams, corned beef, and mature chickens are tenderized by simmering. To simmer, add water to barely cover meat, poultry, fish, or eggs (in or out of the shell); season as desired; and cover. Cook slowly over low heat. Brown meat (except ham and corned beef) before cooking, if desired. For simmering times on recommended cuts, see table 7 on page 18.

Fish.--Use a wire basket or a piece of foil or parchment with edges turned up to hold fish and to prevent it from breaking. Simmer fish only until it flakes easily with a fork.

Eggs.--Remove poached eggs (eggs cooked out of the shell) from the water in which they were simmered as soon as they are done, to prevent overcooking. Plunge hard-cooked eggs into cold water after cooking for easier peeling.

Cooking Frozen Meat, Poultry, and Fish

Extended Cooking Time.--If frozen meat is not thawed before cooking, cooking time will generally need to be extended. The amount of extra time depends on the size, shape, and thickness of the meat, poultry, or fish.

Frozen large meat roasts, frozen steaks, and frozen chops may take up to one and a half times as long to cook as unfrozen cuts of the same weight and shape. Generally, smaller frozen roasts require more extra time per pound than larger roasts. Whole frozen poultry may take one and a fourth times as long to cook as unfrozen poultry. Individually frozen pieces of fish require about twice the time required for cooking fresh or thawed fish.

Tables 4, 5, and 6 on pages 12 to 17 give approximate times for broiling, roasting, and braising selected cuts of frozen meat and poultry.

Using the Preparation Procedures

The methods given here for preparing meat, poultry, fish, and eggs are basic procedures. They are the first steps in preparing many recipes that use these foods. Seasonings and flavorings may also be added before, during, or after cooking. For example, onions and other vegetables add flavor to braised beef and pork roasts when cooked along with the meat; garlic rubbed on a lamb roast before cooking enhances the flavor; and an herb-seasoned tomato sauce complements the natural flavor of fish.

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Table 4.--Timetable for broiling meats, poultry, and fish

Item and cut	Thickness	Distance from heat[1]	Approximate broiling time
	Inches	Inches	Minutes
Beef:			
Patties, ground	1	2 to 3	15 to 25
Steaks: Rib, club, T-bone, porterhouse, sirloin	1 to 1-1/2	3 to 5	15 to 35
	1-1/2 to 2	3 to 5	35 to 55
Lamb:			
Chops: Loin, rib, shoulder	1 to 1-1/2	3 to 5	12
	1-1/2 to 2	3 to 5	22
Patties, ground	1	2 to 3	18
Pork:			
Chops: Rib or loin	3/4 to 1	2 to 3	30 to 35
Bacon, regular	--	2 to 3	4 to 5
Canadian bacon	1/4 to 1/2	2 to 3	6 to 10
Cured ham slice	1/2 to 1	2 to 3	10 to 20
Poultry:			
Chicken, young: Halves, quarters, and meaty pieces	Laid flat	About 5	35 to 50
Turkey, fryer-roaster pieces	Laid flat	About 5	60 to 75
Fish:			
Fillets and steaks	--	3	10 to 15
Pan-dressed	--	3	10 to 16
King crab legs	--	4	8 to 10
Spiny lobster tails	--	4	10 to 15

[1]Thicker cuts should be placed farther from the heat source than thin cuts. Frozen meat or fish should also be placed farther from the heat source to ensure doneness throughout each piece.

Table 5.--Timetable for roasting meats, poultry, and fish

Item and cut	Ready-to-cook weight	Approximate roasting time at 325 °F		Internal temperature when done
		Fresh or thawed (32 to 40 °F)	Frozen (0 °F)	
	Pounds	Hours	Hours	°F
Beef:				
Standing rib	6 to 8	3 to 4-1/4	4-1/2 to 6-1/4	160 to 170
Rib, rolled	5 to 8	3-1/4 to 5-3/4	--	160 to 170
Rump (choice grade), rolled	4 to 6	2 to 3	3-1/2 to 4-1/2	160 to 170
Sirloin tip (choice grade)	4 to 6	2-1/2 to 4	4 to 5-1/2	160 to 170
Lamb:				
Rib	1-1/2 to 3	1-1/4 to 1-3/4	1-3/4 to 2-1/2	170
Shoulder, rolled	3-1/4 to 4	2-1/4 to 3-1/2	3-1/3 to 5	170 to 180
Leg	5 to 8	3 to 4-1/4	4 to 5	170
Pork, fresh:				
Ham, half	5 to 8	3-1/3 to 4-2/3	4 to 6-2/3	170
Loin	3 to 6	1-3/4 to 2-1/2	2-1/3 to 4	170
Shoulder, picnic, with bone	5 to 8	3 to 4	4 to 5	170
Shoulder, Boston butt	4 to 6	3 to 4	--	170
Pork, cured:				
Shoulder roll, Boston butt	1-1/2 to 3	1-1/3 to 1-3/4	--	170
Shoulder, picnic	5 to 8	3 to 4-1/3	--	170

See footnote at end of table.

(Continued)

Table 5.--Timetable for roasting meats, poultry, and fish--Continued

Item and cut	Ready-to-cook weight	Approximate roasting time at 325 °F		Internal temperature when done
		Fresh or thawed (32 to 40 °F)	Frozen (0 °F)	
	Pounds	Hours	Hours	°F
Pork, cured--Con.				
Ham, half, cook-before-eating	3 to 7	2 to 2-2/3	--	160
Ham, half, fully cooked	5 to 7	2 to 2-1/4	--	140
Veal:				
Rib	3-1/4 to 4	2 to 3	--	170
Shoulder, rolled	3 to 6	2-1/4 to 4	--	170
Leg	5 to 8	3 to 3-1/3	--	170
Chicken:				
Whole, unstuffed:[1]				
Cornish game hen	1 to 1-1/2	1 to 1-1/2	--	--
Broiler-fryer	2-1/4 to 3-1/4	1-1/4 to 2-1/2	2-1/2 to 3	--
Roaster	3-1/2 to 4-1/2	2-1/2 to 3	3 to 3-1/2	--
Capon	4 to 8	2-1/2 to 3-1/2	--	--
Pieces	1/4 to 3/4	1 to 2-1/2	1 to 2-3/4	--
Turkey:				
Whole, unstuffed:[1]	8 to 12	3 to 4-3/4	--	185
	12 to 16	4-1/2 to 5-1/2	5-1/2 to 6-1/2	185
	16 to 20	5 to 6-1/2	--	185
	20 to 24	6 to 7	7 to 8-1/2	185
Pieces (drumsticks, thighs, quarters)	3/4 to 3	2 to 3-1/2	2-1/4 to 3-3/4	185

See footnote at end of table.

(Continued)

Table 5.--Timetable for roasting meats, poultry, and fish--Continued.

Item and cut	Ready-to-cook weight	Approximate roasting time at 325 °F		Internal temperature when done
		Fresh or thawed (32 to 40 °F)	Frozen (0 °F)	
	Pounds	Hours	Hours	°F
Turkey--Con.				
Pieces (breasts and breast halves)	5 to 12	3-1/4 to 5-3/4	4-1/4 to 6-1/4	185
Turkey roasts, boneless	3 to 10	3 to 4	--	170
Fish:				
Pan-dressed	--	1/2 to 3/4	--	--

[1]Stuffed chickens and turkeys will require more time for the heat of the oven to penetrate and bring the stuffing to 165 °F, the minimum temperature for safety of the stuffing mixture. Allow an extra one-half to 1 hour roasting time.

Table 6.--Timetable for braising meats and poultry

Item and cut	Ready-to-cook size	Approximate braising time at 350 °F (meat) and 400 °F (poultry)	
		Fresh or thawed (32 to 40 °F)	Frozen (0 °F)
		Hours	Hours
Beef:			
Steak, chuck or round (with or without bone)	3/4 to 1 inch thick	1 to 1-1/2	--
Stew meat, boneless	1- to 1-1/2-inch cubes	1-1/2 to 2-1/2	--
Shortribs	2 by 2 by 2 inches	1-1/2 to 2-1/2	--
Pot roast, such as chuck or round (with or without bone)	3 to 7 pounds	2-1/2 to 4	3 to 6
Lamb:			
Stew meat, boneless	1-1/2-inch cubes	1-1/2 to 2	--
Shanks	3/4 to 1 pound	1 to 1-1/2	--
Riblets	3/4 inch	1-1/2 to 2-1/2	--
Breast, boneless, stuffed	1-1/2 to 2 pounds	1-1/2 to 2-1/2	--
Pork, fresh:			
Chops or steaks	3/4 to 1-1/2 inches thick	3/4 to 1	--
Stew meat, boneless	1- to 1-1/4-inch cubes	3/4 to 1	--
Spareribs	2 to 3 pounds	1-1/2	--
Veal:			
Chops, cutlets, or steaks	1/2 to 3/4 inch thick	3/4 to 1	--
Stew meat, boneless	1-to 2-inch cubes	3/4 to 1	--
Breast, boneless, stuffed or unstuffed	2 to 3 pounds	1-1/2 to 2-1/2	--

(Continued)

Table 6.--Timetable for braising meats and poultry--Continued.

Item and cut	Ready-to-cook size	Approximate braising time at 350 °F 350 ° (meat) and 400 °F (poultry)	
		Fresh or thawed (32 to 40 °F)	Frozen (0 °F)
		Hours	Hours
Chickens:			
Whole			
Broiler-fryer	2-1/4 to 3-1/2 pounds	1-1/2 to 2-1/2	2 to 2-2/3
Roaster	3-1/2 to 4-1/2 pounds	2 to 3	2-1/2 to 3-1/2
Pieces	1/4 to 3/4 pound each	1/2 to 1	3/4 to 1-1/2
Turkeys:			
Whole	12 to 20 pounds	4 to 7	4-1/2 to 8
Drumsticks, thighs, hind-quarters	3/4 to 2-3/4 pounds each	3/4 to 2	1-1/4 to 2-1/4
Half turkey or whole breast	4 to 9-1/2 pounds	1-3/4 to 4	2-3/4 to 4-1/2

Table 7.--Timetable for simmering meats, poultry, fish, and eggs

Item and cut	Ready-to-cook size	Approximate simmering time	
		Hours	Minutes
Beef:			
Brisket, corned or fresh	4 to 6 pounds	3 to 4	--
Shank, cross cut	3/4 to 1 pound	2-1/2 to 3-1/2	--
Stew meat	1- to 2-inch cubes	2-1/2 to 3	--
Lamb:			
Stew meat	1- to 2-inch cubes	1-1/2 to 2	--
Pork:			
Cured Boston butt, boneless	2 to 3 pounds	1-1/2 to 2	--
Cured picnic shoulder	5 to 8 pounds	3 to 4	--
Cured ham, shank or butt	5 to 8 pounds	2 to 3-3/4	--
Cured country-style ham	10 to 16 pounds	4 to 5-1/2	--
Veal:			
Stew meat	1-inch cubes	2 to 3	--
Poultry:			
Chicken, broiler-fryer	2-1/4 to 3-1/4 pounds	3/4 to 1	--
Chicken, mature	4 to 5 pounds	1-1/2 to 2	--
Turkeys, whole	18 to 20 pounds	3 to 3-1/2	--
Fish:			
Steaks and fillets	--	--	5 to 10
Blue crabs	--	--	10 to 15
Lobsters	--	--	15 to 20
Scallops, shucked	--	--	3 to 4
Shrimp, headless, in shell	--	--	3 to 5
Eggs:			
Soft-cooked (in shell)	--	--	5
Hard-cooked (in shell)	--	--	20
Poached (out-of-shell)	--	--	5 (pan removed from heat)